1. An anchoring balloon device comprising:

a flexible elongate member having an interior lumen extending therethrough for the delivery of an inflation fluid;

an expandable balloon disposed about a portion of the flexible elongate member and in fluid communication with the lumen via at least one port; and

a pressure-relief valve for regulating the pressure of fluid within the expandable balloon.

2. A device according to claim 1, wherein the flexible elongate member is a catheter.

3. A device according to claim 1, wherein the pressure-relief valve provides irrigation.

4. A device according to claim 1, wherein the pressure-relief valve regulates pressure.

5. The device of claim 1, further comprising means for inflating the expandable balloon.

6. The device of claim 5, wherein the means for inflating the expandable balloon comprises a conduit defined in the interior lumen of the flexible elongate member for directing fluid into the expandable balloon.

7. A device according to claim 1, wherein the expandable balloon comprises a polymeric material.

8. A device according to claim 1, wherein the expandable balloon, when fully expanded, engages and is in direct contact with the tissue of a body lumen.

9. A device according to claim 1, wherein the pressure relief valve comprises a sleeve disposed about a second port in the flexible elongate member.

10. A device according to claim 9, wherein the sleeve provides irrigation.

11. A device according to claim 1, wherein the pressure relief valve comprises an expandable fluid diffusing balloon disposed about a second port in the flexible elongate member.

12. A device according to claim 11, wherein the fluid diffusing balloon provides irrigation.

13. An anchoring balloon device comprising:

a flexible elongate member having a side wall and an interior lumen extending therethrough, the side wall having first and second ports in communication with a source of fluid;

an expandable balloon disposed about the first port of the flexible elongate member having a proximal end and a distal end, the expandable balloon being bonded at the proximal end and distal end to the flexible elongate member; and

a sleeve disposed about the second port of the flexible elongate member.

14. A device according to claim 13, wherein the flexible elongate member is a catheter.

15. A device according to claim 13, wherein the sleeve provides irrigation.

16. A device according to claim 13, wherein the sleeve regulates pressure.

17. A device according to claim 13, further comprising means for inflating the expandable balloon.

18. A device according to claim 13, wherein the expandable balloon, when fully expanded, engages and is in direct contact with the tissue of a body lumen.

19. An anchoring balloon device comprising:

a flexible elongate member having a side wall and an interior lumen extending therethrough, the side wall having a port in communication with a source of fluid;

an expandable balloon disposed about the port of the flexible elongate member having a proximal end and a distal end, the expandable balloon being bonded at the proximal end and distal end to the flexible elongate member; and

an elongated slit passing through the flexible elongate member in communication with a source of fluid;

wherein pressure exerted on the expandable balloon can cause the elongated slit to open and release fluid.

20. The anchoring balloon device of claim 19, further comprising a fluid diffuser sleeve disposed about the elongated slit.

21. A device according to claim 19, wherein the flexible elongate member is a catheter.

22. A device according to claim 19, wherein the elongated slit provides irrigation.

23. The anchoring balloon device according to claim 19, further comprising an expandable fluid diffusing balloon disposed about the elongated slit.

24. The anchoring balloon device according to claim 23, wherein the expandable fluid diffusing balloon provides irrigation.

25. A method of anchoring a device into a body lumen, comprising:

introducing a device into a body lumen, the device having a proximal end, a distal end, a side wall, and an interior lumen extending therethrough, the side wall having first and second ports in communication with a source of fluid; and

directing fluid to an expandable balloon disposed about the first port of the device, the expandable balloon being bonded at the proximal end and distal end to the device;

whereby the balloon expands to anchor the device within the body lumen, pressure exerted on the balloon by the body lumen directs the fluid into a pressure regulating sleeve disposed about the second port, and the pressure regulating sleeve releases excess pressure.